

# Sorghum

This unprocessed whole grain is intended primarily for distribution in emergency situations and in Food for Work programs in those areas where sorghum is a common staple food.

## 1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

## 2. COMPONENTS

100% Yellow or white grain sorghum grown in the United States.

## 3. SPECIFICATIONS

Class: Yellow or white. Dehulled or degermed.

Grade: No. 2 or better

## 4. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

## 5. SHELF LIFE

At least one year. See "Section III: Storage/Shelf Life Specifications" for more information.

Nutrient	Amount	Unit
Water	9.2	g
Energy	339.0	Kcal
Protein	11.3	g
Total Lipid	3.3	g
Carbohydrate	74.6	g
Fiber, total dietary	n/a	g
Ash	1.57	g
Calcium	110.0	mg
Iron	3	mg
Magnesium	n/a	mg
Phosphorus	287.00	mg
Potassium	350	mg
Sodium	6	mg
Zinc	n/a	mg
Copper	n/a	mg
Manganese	n/a	mg
Selenium	n/a	mcg
Vitamin C	0	mg
Thiamin	0	mg
Riboflavin	0.26	mg
Niacin	3.53	mg
Pantothenic acid	n/a	mg
Vitamin B-6	n/a	mg
Folate	150.0	mcg
Vitamin B-12	0	mcg
Vitamin A	2205	IU
Vitamin E	0.00	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg